

# **Mental Health**

## **Work Group Meeting Summary**

### **Friday, January 17, 2014 from 1:00-3:00pm**

#### **Present:**

Lynne Brehm, Amy Bunnell, Renee Faber, Jen Gerdes, Mark Hald, Barb Jackson, Kathy Karsting, Tiffany Mullison, Tammi Ohmstede, Traci Penrod-McCormick, Jody Ruskamp-Hatz, and, Rebecca Swartz

#### **Welcome & Introductions**

- Barb welcomed callers and those in attendance.
- Special congratulations to Co-Chair, Jen Gerdes, on the birth of her daughter, Bree Harper Gerdes, born November 11, 2013.

#### **Update on Together for Kids and Families Strategy Session**

Tiffany provided an overview of the *Super Hero Strategy Session* on December 16, 2013. The event was attended by 70, with materials sent to an additional 44 people. The evaluations were positive on the event. Dr. Gregg Wright presented on toxic stress; Eleanor Shirley presented on the QRIS; Tiffany provided an overview on TFKF; work groups each held breakout sessions.

#### **Mental Health Strategic Planning**

##### **1. Early Care Mental Health Screening**

- The AAP has a very vested interest in the selection of a screening tool. Dr. Gina Coffey is interested. Dr. Coffey recommends physician member from AAP, Family Practice + 3 more doctors.
- Possible avenue is board certification and continuing education [CME's]
- Role of MH work group is to bring their expertise to develop a process to select a screening tool.
- Barb shared that Dr. Needleman participated in quality improvement with ASQ-SE and depression screener.
- Possibly make the materials free so they are readily accessible to providers.
- Traci shared that the pediatric social work program in Omaha may be another layer of screening, where follow up visits are provided in the home. Maternal depression and ASQ-SE. Traci did data collection and feels we can get our hands on the data.
- Consideration of Medicaid and looking at reimbursement for screeners.
- Possibly invite Joe to our next meeting to talk about telehealth bill and interfacing with physician's office.
- Rebecca suggested the DECA tool.
- Lynne stated one past reservation was if the screener dictates follow up is necessary, is there a referral source. This was true with perinatal depression.
- Barb, Traci, Mark, Tiffany agreed to serve on subcommittee and meet in February via phone.

## **2. Self-Assessment/Training Guide to accompany Integrated Skills and Competencies**

- There have been requests since release of the core competencies that individuals want training.
- The group has discussed a training guide in the past, but with changes to TFKF this has not moved forward.
- Mark shared that the Infant Mental Health Association is gearing up for webinars. The NIMHA has discussed utilizing the core competencies for webinars. Technology from Answers4Families could be utilized.
- Lynne has looked at self-assessment that is part of the Early Childhood Education Core Competencies and has wondered about creating something similar.
- Subcommittee of Jen Gerdes, Lynne Brehm, Traci, Gay McTate [Barb has volunteered her] formed to discuss development of an accompanying document that is feasible and useful.

## **3. Policy Directions**

- Jody reported on LB944, developing statewide early childhood mental health. \$400,000 in funding for nurturing healthy behaviors.
- Following telehealth bill – have Joe or his representative come and talk to us.

## **4. Collaborations with local community health department improvement plans**

- Kim Engel – this is where the concept originated.
- Our local health departments may have identified early childhood mental health in their health improvement plans. Tiffany and Kathy will look into the local plans.
- Lynne has the majority of local health department plans. Lynne would love to find a student to do an abstract on them.
- Tiffany to contact Colleen to get the individual plans.
- Kathy to email 17 local health departments and see if the plans can be publically disseminated and posted on the website, [www.ecclink.org](http://www.ecclink.org).
- Maybe do a meta-analysis of plans. Rebecca may have software that can help in the analysis, depending on how the data is presented in the reports.

## **5. Promotion of prevention strategies**

- Inclusion of trauma informed care

## **Feedback of Framework Resources and Assessments**

Barb is working to update the listing. What all do we include? Mark says the key may be to develop supervision to support all these activities. Maybe we include different types of tools – anyone can administer versus the trained clinician. Maybe group looking at core competencies can also look at the parent/child interaction. Mark cautioned regarding the importance of reflective supervision in this area. Barb hopes to be finished with the document within the month; then she will go back to the Early Childhood Training Center for formatting.

## **Update on ACES data**

- Available data:
  - PRAMS from Nebraska and nation and the CDC ‘winnable battles’. CDC's Winnable Battles are public health priorities with large-scale impact on health and with known, effective strategies to address them.

- YRBS from Nebraska
  - National data on ACES
- Kathy shared perhaps Nebraska's data can be further developed for use with a public audience. Kathy will connect with EPI staff.

#### **Early Childhood Mental Health Initiative – Lynne Brehm**

- The initiative has been branded *Rooted in Relationships*.
- The initiative is being implemented in 3 communities, each in varied stages of planning [Dakota, Dawson, and, Saline].
- This initiative is focused on improving the social-emotional well-being of children [0 to 8 years]. Communities are required to implement the Pyramid [CSEFEL] as well as implementing systems level changes with the overall goal of promotion of social-emotional development.
- The focus is on capacity building around Infant and Early Childhood Mental Health.

#### **Updates and Sharing**

- Kathy shared the Title V block grant has changed very little since 1930's and is now changing. There are new performance objectives, including school readiness.
- Circle of Security Training – scholarship application information coming out in February. Training dates are confirmed for September 16-19, 2014 in Kearney. Scholarship is for ½ off. Importance of reflective supervision for the Parent Educators and maintaining continued contact among those trained.

#### **Next Meeting**

- Tiffany will send out Doodle polls for Friday afternoons in March for the full work group and Doodle poll for the screener subcommittee in February.